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POST-OPERATIVE INSTRUCTIONS

SURGERY: S/P _____ DATE : _____

WOUND CARE

- KEEP THE INCISIONS CLEAN AND DRY.
- Please Keep the Wounds covered. Change the dressings daily after Post-Op Day #2. Please do not use Bacitracin or other ointments under the bandage.
- An ACE wrap may be used to help control swelling. Do not wrap the ACE too tight.
- Use Ice or the Cryocuff as often as possible for the first 7 days, then as needed for pain relief. Do not wrap the Ace too thickly or the Cryocuff cold may not penetrate.
- In most cases, you may shower on Post-Op Day #3. Gently pat the area dry. Do not soak the knee in water. Absolutely no swimming in a pool or ocean until your sutures are removed.

EXERCISES

- Keep your leg elevated with a pillow under your calf, NOT under the knee
- Please perform the exercises on the attached Home Exercise Program 2-3 times daily:
 - Towel Roll Under Heel
 - Isometric Quadriceps Strengthening
 - Straight Leg Raise
 - Seated Active Assisted Range of Motion Exercises

POST-OP

- Enclosed is the prescription for you to use post-operatively:
 - VICODIN or PERCOCET a strong narcotic, is to be used only on an "as needed" basis for pain.
 - **PLEASE DO NOT TAKE ANY ANTI-INFLAMMATORIES FOR 1 MONTH**
(i.e Naprosyn / Celebrex / Ibuprofen)
- If you have any adverse effects with the medications, please call our office.
- If you develop a Fever (101.5), Redness or Drainage from the surgical incision site, please call our office to arrange for an evaluation.
- You may experience some low back pain due to muscle spasm from the epidural anesthesia. If so, apply heating pad to area and take an analgesic if you have not already done so.

FOLLOW-UP

- Please call the office to schedule a follow-up appointment for your suture removal, 10-14 days post-operatively.

IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE.